

Water Practice

Starting Position - Enter shallow pool. Submerge shoulders. Place side of face in water, mouth raised sufficiently to clear surface.

Ex. 1. Application of Breath Control

1. Practice preceding ex. with eyes open 'til fear of submerging face overcome.

2. Increase holding breath 2 to sec.

Faults

1. mouth opened, water swallowed.
2. Accidentally inhaling - Choking water in air-passages.

Blanking the Diver's.

1. Coins etc., couples times or week.
2. Jump several times in place, when imaginary wave comes, duck under.
3. After wave passed, rise to surface w. joined hands.

Living For Objects

1. Holding object fingers under water.
2. Diving for coins, etc.

Under - Water Tag

1. May be several players "it".
2. Avoid "it", player must duck his head under water.

3. Learning To Breathe Correctly.

1. Repeated inhalations thro' mouth & forcible exhalations thro' nose.
2. To prevent choking & safeguard eyes & ears.
3. Normal breathing inhibited thro' fear.
4. Must be regular and easy.
5. Practice until natural and rhythmical.

Home Practice

Starting Position - Right side of face in water & look to side. Lower top of head & tilt chin upward, raise mouth to clear surface.

Inhale - exhale:

1. Breathe in thro' then close.
2. Submerge face to cover nose, mouth, eyes at water surface & look straight ahead.
3. Forcefully exhale most of air thro' nose, thereby blowing bubbles.
4. Turn head, inhale remaining air forcibly thro' nose.
5. Repeat. - 5-10 times

Water Practice

1. Practice preceding ex in shallow area of pool.
2. Shoulders submerged.
3. Arms resting on water or
4. Hands holding railing or steps.

Faults.

1. By inhaling thro' nose liable to choke. Correct by taking quick, deep gasp of air thro' mouth.
2. Submerging jerk - take in water
3. Failing to completely exhale expunge air by taking another breath causes fatigue & results in choked feeling.

4. Face - Submerged Floating and Regaining St. Position.

Theory of Floating. - Buoyancy ability to float. 2 opposing forces acting upon floating body at rest. To test power take deep breath & assume face submerged floating position (or duck head and grasp ankles) If entire body goes & stays under - can't float. Persons possessing buoyancy should attempt 1/2 floating.

Regaining Standing Position from Face-Submerged Floating.

1. Difficult to regain if ft. off bottom.
2. Know correct method to avoid struggle & choking
3. Bdy - 2 change body from — to 1.
4. Bend knees - helps assume semi-sitt. pos.
5. Arms brought to sides.
6. Straighten legs & place feet far apart on bottom - gives feeling of steadiness and greater security.
7. Slowly raise head, avoid throwing back.

Progressive Steps (of above) are:-

1. Carefully study assignment.
2. Analysis for regaining standing position, land practice.
A. St. about pool or in water.
3. Application of this exercise, in water.
A. Float face submerged, then get up.
B. If difficulty experienced, review each step slowly, practice with a partner or place the fingers lightly in contact with railing or steps.

Land Practice

Starting Pos. - St. raise arms to 1 pos. & lock thumbs. Bend feet & place 1 foot 2 rear. lower head between extended arms.

Count I - knees up.

" " - Arms down.

" " - feet replace.

" " - head up.

Water Practice

Starting Pos. Rest hds. upon partner's, where is 10" slow surface. Assume 1-5 floating pos by a maguy hold & releasing it's, extend 1-5 2 rear but toes & in contact with bottom. Slightly raise leg, relax body.

Float-

1. Deep inhalation tho' mouth
2. Duck head quick til chin touches chest.
3. Push off w supporting ft.
4. finishing w's extends rear space
5. body relaxed - correct floating pos.

Stand:-

1. Regain st pos - ed. kns til touch chest.
2. Attempt while floating face submerged or hds on rail.
3. Arms down B side of B. - kns flexed.
4. Place ft. on bottom - slowly raise head.

Faults-

1. Not taking deep breath or submerging H. decreases buoy.
2. Face float w ft. raised under ft.
3. Not relaxing A's.
4. Starting by jump.
5. Regain st pos. by just clearing H.

Face- submerged Floating Competition.

1. At signal 20 more than float 5-5m (or prop ank) for min
2. Team wins with greatest no. floating.

Living Through Arches.

1. Couples in ab. line or facing
2. No 1. formed arches by join. hds. or spread ft.
3. " 2. duck ft's between A's - lock knees.
4. At signal 25 push from bottom & dive under arches.
5. 1's assist if necessary.
6. Arches have turn.
7. Varied - diving for objects, etc.

Change from Back to Face

R. A. swing & body turn Lt. Forcibly swing R. A. over surface & swing Lt A sk & lower Lt side. Quickly turn R & B Lt. & finish w 2 A long.

Face to Right Side

Face Lt A to side & turn R & B Lt. R remains on start pos.

Back to Right Side

R. A to side & turn to right.

Swimming For Children

Interest and response necessary for children before teaching by relating interesting & fanciful stories. Initiative & courage developed by imitative story plays

1. Overcomes fears - breast control.
breathing
floating

2. Dog Paddle

3. Sculling - safety valve when frightened.

4. Seal Stroke

5. Preliminary Crawl.

6. Crawl - either directly or via side stroke.

7. Kicking Seals. - seals come up for air, float glide & dive.

8. Dog paddle.

9. Minnow (sculling) stroke.

10. Seal Stroke

Crawl Stroke.

Sheffield.

Coordinated Stroke Analysis.

The coordination of crawl consists of the combination of A. & L. movements according to Cts. 1 & 2.

Count I. Inhale while you pull R. A, recover over it. A, crawl kick.

Count II. Exhale while pull L. A, recover over it. A, crawl kick.

Extend body with back slightly arched, eyes above surface, heels just under - minimize body roll. Relaxation during recovery.

Calculate 6-8-10-12 crawl L beats 2 each complete A. movement.

Swimming Analyzed.

Vertebral Loss.

Beginning Swimming:

1. Eliminating Fear of Water.

1. Absolute confidence in teacher.
2. Join kds, jip up & down, submerge w/ds then head.
3. In line walk quickly to other side of pool.
4. Pick up obj. 4. See who first.
5. In 2's join kds & look at each other under water.

2. Breathing and Relaxation.

1. Bnt breathe become tense.
2. In kds' mouth, out kds' nose.

Steps of Teaching this:

1. Students in water facing Teacher practice breathing in & out.
2. Practice 7 w/ds under face in to exhale.
3. Look for bubbles around H. If can't see - holding breath.
4. Suggest deep sigh when exhaling.
5. " Breathing out both nose & mouth.
6. Practice opening eyes under & breathing out.
- (H) Join hands, go under, look at each other & breathe out.
7. Face in water, open eyes, count to 5.

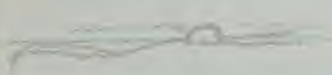
Simple Shallow Water Games:-

1. Picking Up Objects - 4 obj. race.
2. Lap Tag - "H" - avoid it cap under.
3. Crab Races & race 2 see who can walk fastest.
4. No. Circle. Throw obj & call no. No. called get obj from bottom.
5. Ball Tag - "H" has ball. Tries to hit others.
6. Whistle Tag - All clumpfold and, with whistle. Catch one with whistle.
7. Simple Tag - "H" is called others and letting go.
8. Pick Up - 2 teams. 20 obj. throw & all which team 477 picks up most obj.

Relaxation Imp. Made to realize water will hold them up.

11. Face Float and Stand.

1. o float H's & L's motionless - Body relaxed.



2. H. & agin' side of pool. 1 ft. flat agin' wall. Kn. at 1 ft. on bottom, A. extends. fwd. Shlds. under.
3. Take breath, bd. fwd. & same time bring ft from bottom to wall, push off with 2 ft. from side, face
4. Breathe out slowly. H's & L's still & extend. B. closed.
5. Slide as far as possible with eyes open.

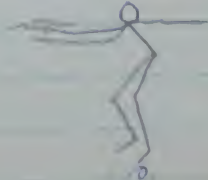
Stand from Face Float

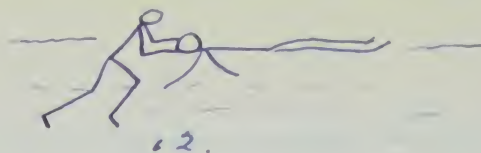
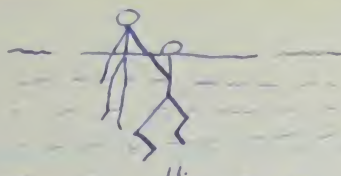
1. Bring kns. to chest, straighten, place ft on bottom.
2. Same time pull A's down hard to side.

Faults -

1. Lift body up & drop down on water instead of pushing off.
2. Rigid H's & L's.
3. Failure to relax.

12. Back Float and Stand.





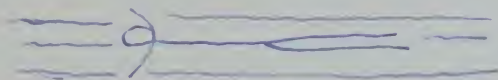
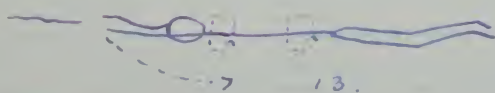
10. Back Float + Stand.

1. ST. in shallow end. H's horiz. as in float. pos.
2. Bd 1 kn to chest, bd upper B from hips, H. down.
3. Same time H's move from horiz. pos. to sides, & w/ palms facing, forcibly scoop water, raising H's in front of B & placing ft. on bottom.
4. Word in phrase helps. - ST. behind & keep H. from under.
5. The other raises H's 2 horiz. bds kns as shld's under legs ok. easily giving slight push from bottom w/ 2 ft.
6. Bk. arched slightly B relaxed, lung filled w. Air.

11. Change of Body Positions.

I. Face To Back.

1. Push of easily from side in face float.
2. Extend H's & L's - face in water.
3. Pull L. a. down B side, pushing wat. away.
4. At same time turn H & shld to ht, & move 2 H's to horiz. pos. & float on Bk.



Breathing on the Turn

1. Hold breath while turning.
2. When turn completed breathe out the nose or taking another breath. Prevent possibility of choking.

